

WHAT IS CLAIMED IS:

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1. A method of improving the athletic performance of a mammal comprising administering to said mammal an olfactory stimulating amount of a peppermint odorant.
 2. A method according to claim 1, wherein the improvement comprises an increase in speed.
 3. A method according to claim 1, wherein the improvement comprises an increase in strength.
 4. A method according to claim 1, wherein the improvement comprises an increase in endurance.
 5. A method according to claim 1, wherein the improvement comprises a decrease in fatigue.
 6. A method according to claim 1, wherein the improvement comprises a decrease in perceived workload.
 7. A method according to claim 1, wherein the athletic performance is anaerobic.
 8. A method according to claim 1, wherein the athletic performance is aerobic.
 9. A method according to claim 1, wherein the athletic performance is weightlifting, shot put, vertical jump, power lifting, conditioning, calisthenics, weight training, cycling, running, sprinting, hurdling, rollerblading, rowing, long jump, boxing ,

skiing, swimming, football, karate, strength training, lacrosse, hockey, soccer, speed or strength related team sports, anaerobic exercise or aerobic exercise.

10. A method according to claim 1, wherein the administration is ortho-nasal inhalation of odor.

(mouth) flip
(nose)

11. A method according to claim 1, wherein the administration is retro-nasal.

12. A method according to claim 1, wherein the administration is through the mucus membranes.

13. A method according to claim 1, wherein the odorant is administered in a form selected from peppermint impregnated or coated mouth-guards, peppermint impregnated or coated face-guards, clothing impregnated with peppermint odorant, clothing coated with peppermint odorant or a peppermint odor releasing polymer.

14. A method according to claim 1, wherein the odorant is administered in a form selected from peppermint odorant impregnated nasal dilators, peppermint odorant coated nasal dilators, peppermint odorant impregnated adhesive strip or peppermint odorant coated adhesive strip.

15. A method according to claim 1, wherein the odorant is administered in a form selected from an aerosol spray, a pump spray, a nasal spray, a liquid or solid form of the peppermint odorant contained in a vessel, a liquid or solid form of the peppermint odorant contained in a lozenge, a liquid or solid form of the peppermint odorant in a gum, a liquid or solid form of the peppermint odorant in a food product, a cream, a cologne, peppermint odorant impregnated jewelry, peppermint odorant coated jewelry, and ointment.

16. A method according to claim 1, wherein the mammal is a human.

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